Shiva-Vishnu Temple

Om Namah Shivaya *Om Namo Narayanaya*

Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977

Tax ID# 94-2427126; Inc# D0821589

Tel: 925-449-6255; Fax: 925-455-0404

Web: http://www.livermoretemple.org

HCCC Youth & Education Presents

2021 Fall Schedule of vedhaantha Courses for Youth & Adults

[Click to Register for classes]

Classes are free
(welcome donations to help temple during Covid Lockdown)
Click here to Donate

Tenth Series of Online Courses from September 18, 2021

Saturdays	08:30 – 09:30 AM	PuruSha sooktha[1]
Saturdays	09:45 – 10:45 AM	NaaraayaNa sooktha[2]
Saturdays	11:00 – 12:00 Noon	Bhagavadh Geetha Chapter III[3] Part 1
Sundays	08:30 – 09:30 AM	Bhagavadh Geetha Chapter IV[4] Part 1
Sundays	09:45 – 10:45 AM	Seeking & Being With Inner Peace[3]
Sundays	11:00 – 12:00 Noon	Sri sooktha[2]

Scroll down to next page for course details

1. vedhas encourage and allow women to recite puruSha sooktha so that they could perform complete shodaShopachaara pooja to male deities.
2. puruSha sooktha is a prerequisite for this course; concurrent enrollment allowed.
3. puruSha sooktha and vedhaantha & Well Being are prerequisites for this course.
4. Continuation course work for senior saaDhakaas who have completed Chapter III at HCCC.

Notes:

- Courses are offered in English; free of registration and tuition charges. Nevertheless, you may donate generously after the course work to help mitigate the organizational expenses incurred during the temple lockdown due to the pandemic.
- Please commit to attend the entire course work for maximum benefit.
- Earlier students are always welcome to attend the course/s to make up for missed sessions or to refresh the whole course work.
- Please register at temple website oy clicking the link **Register for courses**

Course Work Coordinator: Kumar Padmini (408) 813-4603 omtat.brahma@gmail.com

Youth & Education Chair: Manohar Mahavadi (510) 565-5618 youthevents@livermoretemple.org

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Details of Courses

PuruSha sooktha

Brief Description	Competence Gained
• 15 sessions of 60 minutes each • vedhik recitation of puruSha sooktha • vedhik & metaphorical meaning of verses • Evolution of universe & human kind • rig vedhik theory of consciousness • vedhik concept about God	➢ Chanting of one of the most popular vedhik manthras ➢ vedhik concepts such as: ☞ causation (phenomenon), cosmic evolution ☞ Knowingness, knower, known, and knowledge ☞ Consciousness (cognition and awareness) ☞ Time and space as mental categories ☞ Basic laws of spirituality ☞ Attitude of yajnya in practical life and living ☞ Evolution of ancient varNa system ➢ Relationship of vedhik God or Godhead and individual ➢ Ability to perform pooja to male deities leveraging puruSha sooktha ➢ Ability to perform basic contemplation (mindfulness)

Sri sooktha

Brief Description	Competence Gained
• 18 sessions of 60 minutes each • vedhik recitation of sri sooktha • vedhik & metaphorical meaning of verses • Human being and raTha kalpana • ashTTHa lakshmi sthothra with meaning • Pre-requisites: pooja viDhi and/or puruSha sooktha course; concurrent attendance with puruSha sooktha accepted	➢ Recitation of one of the most popular vedhik manthras ➢ vedhik concepts: agni, sri, bhagavaan, and lakshmi ➢ Insight and clarity about creating virtues ➢ Ability to plan acquisition of shreyas ➢ Ability to be a shreemaan or shreemathi ➢ Ability to contemplate about purpose of life ➢ Ability to perform pooja to female deities leveraging sri sooktha ➢ Practical tips for leading a contented & virtuous life

NaaraayaNa sooktha aka Manthra puShpa

Brief Description	Competence Gained
• 15 sessions of 60 minutes each • vedhik recitation of naaraayaNa sooktha • vedhik & metaphorical meaning of verses • Divinity is the essence of human being • naaraayaNa Dhyaana • Pre-requisites: pooja viDhi and/or puruSha sooktha courses	➢ Recitation of the third most popular vedhik manthra ➢ vedhik concepts of nara, naaraayaNa, jyothi, and vishva ➢ Ability to seek clarity of understanding ➢ Ability to cognitively traverse the loci of puruSha ➢ Ability to perform naaraayaNa Dhyaana (Contemplation) ➢ Divinity Tool for enhancing mindfulness (attention)

Seeking & Being with Inner Peace

Brief Description	Competence Gained
• 15 sessions of 60 minutes each • Concept of upaasana • Concept of process of being mindful • pancha kosha model of human constitution (thaiththireeya upaniShadh) • Spiritual concepts of yoga and upaasana • guNa, vaasana, & samskaara • Pre-requisite: purusha sooktha and/or vedhaantha & Well Being	➢ Awareness of human panch kosha ➢ Skill to practice simple discrimination (viveka) ➢ Skill to analyse (vichara) ➢ Skill to practice dispassion (vairaagya) ➢ Ability to perform six simple daily upaasanas ➢ Skill to monitor and change guNa ➢ Skill to align with our inner peace (shaanthi) ➢ Intermediate level of mindful meditation ➢ Additional too for our 'Divinity Tool Box'

Concepts From bhagavadh geetha Chapter III Part 1

Brief Description	Competence Gained
• 16 sessions of 60 minutes • Non-traditional approach of geetha study (not a pravachana) • vedhaanthik understanding of karmaNyeva aDhikaarasthe .. Ch II.47 • Comparing & contrasting karma and jnyaana or saankhya yoga • Practical tips for yoga jeevana or spiritual living here and now • Pre-requisite: Completed at least two courses among pooja viDhi, puruSha sooktha, vedhaantha & Well Being, Seeking & Being With Inner Peace, sri sooktha, and sandhyopasana	➢ Correct application of karma, akarma, naishkarma, and karthavya ➢ Conscious competence to adopt yoga jeevana here and now ➢ Conviction to perform nishkaamya yajnya in our lives and living ➢ Conscious competence to facilitate shareera yathra, not detour ➢ Reduction in pitting our will against eeshvara krpa ➢ Skill to apply concepts of Chapter 3 as a Play Book or Practical Manual for our life and living here and now not later ➢ Reduced epigenetic creation ➢ Conviction that karma yoga is the best choice for us ➢ Additional tools to our 'Divinity Tool Box'

Concepts From bhagavadh geetha Chapter IV Part 1

Brief Description	Competence Gained
• 20 sessions of 60 minutes each • Explanation leverages shankara bhaaShya • karma yoga as a means to jnyaana yoga • Pre-requisite: Must have completed bhagavadh geetha Chapter III course offered at HCCC	➢ Further clarity about verse 47 from chapter II ➢ Performing right action without attachment to results ➢ An addition to our 'Divinity Tool Box'